

Redefining Health & Wellness

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Featured this episode: Shohreh Davoodi & Ayana Habtemariam

Shohreh Davoodi: Hey y'all, you are listening to Episode number 20 of the Redefining Health & Wellness podcast. Before I tell you more about this week's guest, I wanted to invite you to participate in my annual holiday wellness challenge, Season of Self-Care. If you're listening to this episode in real time in November of 2019, I'll be enrolling people in my Season of Self-Care Challenge through midnight on Saturday November 30th.

I've hesitated to even call this a challenge because it's different from most other challenges out there. Yes, there is a competition component, and you can win prizes, but the way you gain points is by taking actions to take good care of yourself during a time of year that can be busy and stressful. I've run this challenge the last two years in a row and the group we end up with is always so fun and so supportive of one another. This is, honestly, my favorite thing I get to facilitate every year.

Plus, this challenge is 100% diet culture free. Each week of the three week challenge you'll get new activities you can do for points, across categories like movement and exercise, food and nutrition, self-care and mindset, and community and organization. You'll get the chance to earn back your challenge entry fee and win other prizes.

If you're interested in learning more, or signing up, go to shohrehdavoodi.com/seasonofselfcare. That is shohrehdavoodi.com/seasonofselfcare. And if you're listening to this episode post-November of 2019, please disregard.

Okay, now that that's out of the way, let me tell you more about the lovely Ayana Habtemariam. Ayana is a nutrition therapist and Certified Intuitive Eating Counselor who has committed to increasing awareness of intuitive eating, and weight-inclusive philosophies in black communities.

She and I talked about the importance of understanding the background and identities of our clients, diet culture's influence on the foods we view as healthy, the potential limitations of intuitive eating in black communities, and more. To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/20. That's shohrehdavoodi.com/20.

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Shohreh: Hey y'all, welcome to the Redefining Health and Wellness podcast. I'm your host, Shohreh Davoodi. I'm a Certified Intuitive Eating Counselor, and a certified personal training. I help people improve their relationships with exercise, food, and their bodies so they can ditch diet culture for good, and do what feels right for them.

Through this podcast I want to give you the tools to redefine what health and wellness mean to you, by exposing myths and misconceptions, delving into all the areas of health that often get ignored, and reminding you that health and wellness are not moral obligations. Are you ready? Let's fuck some shit up.

All right y'all, super excited to have Ayana here on the show today. She is a nutrition therapist and a fellow certified intuitive eating counselor, and she is just amazing. I've been following her on Instagram for a while now, and I love hearing her thoughts. Thank you so much for being here Ayana.

Ayana Habtemariam: You're welcome, thank you for having me.

Shohreh: Absolutely. Well, I know that you never really expected to find yourself in private practice. So talk to me about your journey to starting your business, Truly Real Nutrition.

Ayana: Yeah, so I never thought I would be in private practice. And the reason for that is because I've never been comfortable with weight loss. And I always associated private practice with weight loss. And through my own journey, through my own struggle with weight loss and disordered eating, I did, and a couple of other things, like just not wanting to work in corporate America, or working for people in general, I did find myself in private practice as a certified intuitive eating counselor, and practicing nutrition from a 'Health At Every Size' approach.

And my journey, it's kind of a long journey, just starting with undergrad. I wasn't initially a nutrition major, but I did end up taking a Nutrition 101 class, and it was something that I ended up enjoying. And I changed my major to nutrition. And from that point I would visualize how I could help improve the health of my family, and of my community, by taking my knowledge back to them, and showing them how to eat better, and how to adjust our traditional foods to be healthier.

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Because at that time I did believe that all it took was education to change behavior, and subsequently prevent chronic diseases like Type II diabetes and cardiovascular disease, which as we all know, is something black communities struggle with. So, I realized pretty quickly that nutrition education wasn't enough. And at the time I wasn't sure what the answer was, but I did feel compelled to figure out a way to reduce health disparities. And that was one of the main factors of my choice to pursuing a MSW degree.

So, at this time I was still pretty far away from my private practice. I did start a company, but it wasn't in private practice. It was a community based nutrition education company where I partnered with local politicians and local organizations to provide nutrition education to groups. So I wasn't providing nutrition education one-on-one, it was to groups. And usually people who were low income, or low socioeconomic status.

So yeah, in my MSW degree, pursuing that had a lot to do with that. So, like with policy, advocacy, and grass roots movements that I learned about during my MSW, I saw a lot of potential in those types of intervention to decrease health disparities in marginalized communities. I didn't see that much potential in just one-on-one practice. I just thought that it would be better with that policy level, or community level intervention. And that's why I started the organization.

So, getting back to how I started Truly Real Nutrition. I found out about intuitive eating on Instagram right around the time I started my own private practice. So, originally I was addressing general nutrition concerns, and chronic disease management. But I always felt somewhat uncomfortable with weight management, and I think it's because part of me has always felt guilty about weight management and weight loss because of my own experience with weight loss, and trying to control my own weight.

It's always felt a little disordered to tell someone else to ignore their hunger, or try to suppress their hunger. And for that reason I always had a relatively gentle approach, even before discovering intuitive eating and health at every size.

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So, for example, I'd give calorie and macro ranges, but would also say, "It's just a reference," and to make sure you're eating enough. Or if someone's goal was to reduce A1C, I would recommend eating enough, and eating three times a day to prevent eating beyond fullness. But I would also say to stay away from concentrated sweets.

So, when I discovered intuitive eating on Instagram, initially I was like, what is this? This is BS! And honestly, the reason is because I kept seeing pictures of donuts, and fucking cupcakes. And I -

Shohreh: [laughs] So true though!

Ayana: I swear I was like what; I just couldn't get over that, like I couldn't see past that. And of course there was more than that, but that was the mascot of intuitive eating. And so I'm black and there's that automatic increased risk of Type II diabetes, and I already have a strong family history of diabetes. And at that time I had a long history, and I still do have a long history of it, but I had a long history of restricting, and then binging on sweets and then I'm seeing intuitive eating, and you're telling me that I can eat donuts and cupcakes. And I basically was like, no thanks. In my mental catalogue of foods, sweets were labeled as bad.

And on top of that, white women were the face of intuitive eating, or are the face of intuitive eating, so I was like, this must not be for me. And it made it very easy for me to dismiss. It was like, no, this can't be. There was just no way I was about to heal my relationship with food by eating donuts.

But lo and behold, I was curious. So I reached to Evelyn Tribole, jumped in her DMs, and told her that I was interested in intuitive eating, but had some concerns about applying it to individuals who may not have had the privilege, or may not have the privilege of knowing what foods feel best to them, or how they could rely on their intuition because they've never interacted with healthy environments. So, how are you going to rely on your intuition?

And I was satisfied with her answer. And I decided to read the book, and eventually I decided to pursue certification. And so, during that time I started changing my approach, and personally for me, I changed the way I related to food. Transformation was just unreal for me. I'd say that initially

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when I stopped dieting, because I hit diet rock bottom myself, and I was just done with dieting.

So initially I didn't even start practicing intuitive eating. I was just doing whatever. I wasn't dieting though. I was eating whatever I wanted to eat. I was like, I'm not restricting, I'm not doing anything. And then eventually I did start practicing intuitive eating, and went through habituation, and all those things. Improved my relationship with food, of course, it's something that's ongoing, constantly working on.

And when I changed my approach to it, it became a little bit difficult to share with other people. A lot of people still, like dietitian friends, and family members, you know, they still don't get it. And a lot of people are learning to get it, like I'm trying my best, working on individuals.

But I'm seeing a lot of progress in my business with it. I think just from Instagram, and talking to people, and spreading the word, and recommending the book.

Shohreh: It sounds like that now that you are doing your own private practice too, that whereas maybe before you saw more value in the community level, it sounds like now you can see both the value of community level interventions, and these individual level interventions.

Ayana: Yes, and it's true. So, with the community level interventions, of course there's a whole lot of value there. But now that I'm doing something that I believe in, individually, in my private practice, I can see, there's so much value to one-on-one practice as well. So, I didn't see that, I didn't get that before, which is why I never thought I would end up in private practice. But now I love it.

Shohreh: Yeah, and actually I love that you have that background in community nutrition education, and working on nutrition policy because I think it gives you a different lens to look at your individual work. Would you mind telling me some of your take aways from your time doing that work?

Ayana: Yeah, so with policy, and community, a couple of takeaways. I would say the main one is, it really teaches you how to view an individual within their community, and within their environment. And that's not just from policy

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work, that's also just social work in general. But when you look at an individual in their entire environment, you can see how their individual behavior is influenced by their environment.

And so with social work intervention, like macro social work intervention, we want to look at the environment, and see what changes we can make to the environment, so that we can change how the individual interacts within the environment. I don't feel like if I didn't have that background it would be hard for me to view the person, or view the individual within the context of their environment.

And with my social work background, I'm able to do that. It's hard for me to look at a person and not be curious about their upbringing, or their physical environment, or their spiritual environment. Those things all, I would say, are just really important when I'm assessing an individual. And I really don't think I had that before I went to pursue my MSW.

And I don't know, maybe other people feel differently, maybe other people are like, well, I had that, and I didn't get an MSW. But with the community, and with the policy work, you see how different policies, like legislation, and not even just legislation, but like a workplace policy, can influence behavior, or change someone's behavior because of how they're interacting with the environment, which is influenced by the policy. Does that make sense?

Shohreh: Yeah, it does make a lot of sense.

Ayana: Yeah, the way I work with individuals is highly affected by my work in the community, and with nutrition policy.

Shohreh: I think that's so important because I do think there are practitioners who are missing that piece, and they kind of look at individuals as this sort of, well, here's the one-size-fits-all of what your goals should be, and where I'm hoping to get you to. And I just don't think that we can effectively help people with their health and well-being without also looking at, and understanding to some extent, race, and other intersecting identities, because they have such a huge effect on a person's health and environment, and all these other things, which you know from the work that you've done.

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Ayana: Oh yeah, I agree, 100%. I think that's a big part of the problem because a lot of people think that people could just change the way they eat, or change the way they do things, and they'll be healthy. Or their problems will go away. We don't look at the context of the individual at all. So, yeah, that is really important.

Shohreh: And one thing I'd love to talk to you about is sort of this collision between diet culture, and non-white cultures. So, I'll give an example from my personal life, which is that I'm Persian, and I grew up eating a lot of Persian food. So, I brought like paneer and halva sandwiches on naan to school. And the kids were like, what the hell are you eating? [laughs] And like almost every meal we had rice, and it was usually coated in butter.

So it's like all these great foods that were a part of my childhood, and my culture, but later on, as an adult, when I started learning about 'healthy foods,' you know, the foods of my culture never seemed to be included in that. And I imagine you've also seen this play out too?

Ayana: Yeah, definitely. So, the history of black foods or African, and I'm going to say African-American foods, is because I want to just differentiate between the foods of black Caribbeans, and continental Africans, and black people descendants of slavery. And so I'll just use African-American. The example that I would use is that our foods are soul foods, for example, which would include macaroni and cheese, and collard greens, corn bread, fried chicken, ham, chitlins, all those things originated during the American slavery period. And enslaved African-Americans were given the undesirable, or leftover portions of meat, and we used those. Our ancestors were innovative, and created cuisine that ended up being the backbone of African-American communities for years.

And now the way that the food is demonized, food that kept us alive, and food that connected us, and food that's now a part of our culture, is terribly demonized. Not just by dominant healthcare standards, but by black people themselves. They say that it can give us heart attacks, and it's not healthy for us, and all those things.

And I get bothered by it because this is all our ancestors had. This is all they had to keep them alive. It's all they had to eat. So, and now it's

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something that we still have, it's part of our tradition, and it's part of our culture. And just to give you an example, like collard greens are historically, or traditionally, made with meat, like ham.

And they're cooked for a really long time, and you know, as a leafy, green vegetable, it's a lot of water-soluble nutrients in it. So when you cook it in a lot of water, the nutrients leave the vegetable. You hear people say that we cook all the nutrients out, and we kill the greens. And it's like okay; I mean it's our food.

And culturally it brings us together, and spiritually it's still enriching. So yeah, I would say that's something similar to what you shared, that we also share. But it's food, and it's whole food, and it's homemade food that we cook. It's good for our souls, you know, and if it's good for our souls, and if it connects us, I think it should be given more credit than what it is.

Shohreh: Absolutely, especially because, I think such an important point of what you said is that food isn't just about health benefits, right? It's about culture, it's about community, it's about family. It can be about so many different things. So, to suggest, like just blanket that certain cultures should just remove foods from their diets, they should never eat them anymore, you know, they need to eat these other healthy foods, is frankly bullshit.

Ayana: Yeah.

Shohreh: I think there's obviously a place for those cultural foods, and then of course if someone is looking to get healthier, change their diet, or whatever, there are ways to do that. There are other foods that you can bring in, without necessarily removing these important cultural foods.

Ayana: Yeah, and that's something that I tell people a lot too. I'm glad you brought that up. Like there is so much that you can add to your diet. If you want to get nutrients, or if you're afraid that the foods that you're eating are so unhealthy, think about what you can add in, not what you can take out. So that's definitely a good point.

My favorite soul food is sweet potato pie. I can't ever see myself not eating sweet potato pie. And I really think that there is a place for these foods in our diet. And I think that if we take them out, we're taking a part of us, and

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we're taking a part of our ancestors, and their struggle. And it's kind of like a slap in the face to them.

They survived, so that we can be here, and we're here. And I do think it's just insulting to them. And I kind of get where people are coming from, especially when black people are like, we have to be healthier, and we have to do better for ourselves. But I think that they're also forgetting, or missing the point that these are foods that kept us together. That kept us alive, for us to be here.

Shohreh:

And at least in the United States, I would say that there is an inherent whiteness to our very narrow definition of health, and what is healthy, and the healthcare system, and our understanding. And you mentioned that to me too, before we started recording, that you believe it's black people's mistrust of the healthcare system that sort of unintentionally influences the participation in diet culture. So, could you tell me a little bit more about that?

Ayana:

Yeah, so with that, I run into that a lot. And so what it is, is, as we continue to move towards decolonizing our approaches to health and wellness, and I mean black people when I say, 'we.' Toward decolonizing our approaches to health and wellness, and becoming more proactive in our healing, I'm seeing that we're adopting more complementary and functional approaches to nutrition, and health.

So, for example, I see a lot more people interested in veganism, in juicing, in herbalism, and I don't think this is new for black people. Because not only have we passed certain traditions down through generations, but we've also made an effort to re-learn some of what was lost during slavery.

So it's not new, but unfortunately it's occurring within diet culture. So, it's been tainted by diet culture ideals, like thinness, or in many cases, slim thickness. And I say slim thickness because a lot of black people will say, "Well, I'm not trying to be thin," or, "I'm not trying to be skinny," so I like to just clarify still whatever aesthetic ideal. And I call it slim thickness because that's what it usually is.

So, in many cases like slim thickness, and moralization of food, sometimes there's even a superiority complex within black communities. Like with

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people within certain wellness spaces who aren't vegan, or eat a certain way. It's like, well, I'm healthier, and I'm more spiritually aligned. So, I wanted to give some background on that too. And it is, what you just mentioned. We have this long and deep-seated history of mistrust of the healthcare system in western medicine because we've been exploited, and discriminated against.

And we've been experimented on, without consent, and without our knowledge. And for example, like black enslaved women were sacrificed for advancements in modern gynecology. And even today black patients are half as likely to receive pain meds, as compared to white patients. So, there's a lot of mistrust there, and that mistrust hasn't just vanished because racism isn't as overt as it used to be.

So, rejecting Eurocentric approaches to wellness, it's more than food. It's about more than food. It's very spiritual. It's a very empowering journey, but like I said a moment ago, it's now complicated by diet culture. So, people are using diet culture values, like weight loss, to measure the effectiveness, for example, when historically it was very intuitive, and not based on anything physical. You know what I mean?

Shohreh: Yeah.

Ayana: And so, I say all that to say that one thing that I run into, is people like well, I want to do veganism, or I want to try juicing. And I'm like, well, why? It's like, well, this medicine doesn't work, or they're hurting us, or this healthcare system isn't for us. And I get it, you know what I mean? Like I'm not judging, or anything, but there's still that relationship with food and our body that has to be worked out first. And a lot of people, I feel like that point is being missed now.

One thing that I noticed on social media, this was a while ago. Are you familiar with the herbalist Dr. Sebi?

Shohreh: No, I'm not.

Ayana: So, he's passed away now. He's an herbalist, a Honduran, Afro-Honduran herbalist. They call him Dr. Sebi, but I don't think he's a doctor. And now a lot of people refer to him as a quack doctor, but a lot of black people

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follow him, and follow his practices. And I saw a conversation where people were ridiculing him, and ridiculing people who follow him.

And I'm saying to myself, if you knew our history with medicine in this country, and how we don't trust modern medicine, and how so many black people don't trust modern medicine, you wouldn't be laughing. You know what I mean? Like maybe he's, I don't know, I don't follow his practices or anything like that, but I know a lot of people who really do believe in what he taught.

It's almost like, what do you expect of us? What do you expect of black people, when we have no reason to trust medicine? We have no reason to trust the US healthcare system.

Shohreh: Right, so seeking out these different practices is really just a symptom of the pain that's been brought upon the black community, and it's just an unfortunate side-effect of it is, of course, the diet culture aspect that in some ways it's probably hurting health, and not improving health. And so then the question becomes, what can you do as a community to help people away from diet culture? And I think probably with your work and what you're doing with intuitive eating is one of the answers to that question.

Ayana: Yeah, yeah, that's exactly right. It's hard because you just see people wanting to be thin and trying to be as thin as possible. And now using traditional medicine to even get to that point, and that was never the point of it. And it's just because we're so surrounded and just living and breathing diet culture.

Shohreh: Mmmhmm. So, we're both Certified Intuitive Eating Counselors, as I mentioned. Clearly we believe in the power of intuitive eating to make a difference in people's lives and help their relationships with food. And I'm wondering, what kinds of limitations you may have noticed about intuitive eating, particularly for black communities?

Ayana: Yeah, so, there are several, and so with black communities I will say, we're not a monolith. There are a lot of different nuances and subgroups, and variations within the community. So you have people who are low socioeconomic status, or people who are better off financially, or more

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affluent. But I work with people, mostly like single moms, people who don't have a lot of access to time, or a lot of access to convenience.

So, what I find within those groups is that they can't always afford to fill their pantry, or fill their cabinets. Or they can't always afford to get a whole bunch of new, comfortable fitting clothes. So, you just have to kind of adjust what you do. And I would say, for example, instead of filling your cabinet full of your binge foods, or foods that you fear, maybe start out with one, or two.

Or instead of going shopping for a whole new wardrobe, which is, I mean, even not realistic for me, just going in the store and trying on clothes that are comfortable. And seeing how that feels and maybe buying one or two things that you can afford. So it's just adjusting the principles, and also talking about things like, why they have the behaviors that they have.

So, for example, someone who may have been food insecure that doesn't understand why they eat so much, just explaining that to them. And letting them know that it's normal. That's been really helpful too.

Shohreh:

Yeah, and I think that last point kind of goes back to what we talked about earlier with the more we can understand about a person's background and culture, the more that can kind of color explanations for why their relationship with food may be the way that it is. And I love what you said kind of about adjusting because it's so true.

One of the great things about intuitive eating is, right, that it's not about strict rules. It's about guidelines that are flexible. And there absolutely are ways that it can be adjusted. And I'm not going to go out and say that intuitive eating is for everyone. I think it wants to be. I think that it can help so many people, but I also think saying anything is for everyone is much too black and white for the world that we live in.

Ayana:

Yeah.

Shohreh:

But I think that's something that I've learned from your account, and the accounts of other providers who are, again, at these different intersections, about these critiques. I think critiques of intuitive eating matter because it makes us better intuitive eating counselors. And we can

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see different ways and different kinds of things we can do to approach intuitive eating in a way that it could be more accessible for somebody. Whereas as like, in its exact written form, maybe it's a little bit less accessible.

Ayana:

Yeah, and you're right, with a lot of the clients that I work with, it works, it does. Like right now, for example, I'm working with a single mom of three children, three little kids, and she talks about wanting surgery a lot. Like surgery to remove some of her fat in her abdominal area a lot. But then we talk about body image and where those beliefs come from.

And how in black communities the Coca-Cola shaped bottle body shape is valued more than like the fatter belly or straight up and down shape. And it works, you know, she always feels better, and she does a lot of the activities, and it works. You can adjust it. It definitely is adjustable. I just think that you have to understand where your clients are coming from. I think that lived experience and understanding the values, and the cultural expectations, is really important, you know?

Shohreh:

Yes, and I think some of that nuance is what white providers, or white passing providers, like myself, can easily miss. And I also think that's why it's so important that we get more diversity in intuitive eating, in Health At Every Size. So, for you, what has it been like trying to find your voice as a black woman working in a field that is so dominated by white women?

Ayana:

Yeah, so, I learned about intuitive eating from Instagram initially. And Instagram is so loud sometimes that it has been sort of a struggle to find my own voice amongst the noise. And don't get me wrong, I have learned a lot, it's where I discovered intuitive eating and Health At Every Size. But if I'm not careful, I do run the risk of sounding like everyone else. And I want my message to be relatable to people who don't see themselves represented in the more popular or well-known voices, within that space.

And it's tricky because when you look at popular Instagram accounts, naturally you want to do what those accounts are doing. So for example, a lot of the intuitive eating accounts don't show themselves or their bodies to people behind those accounts. And this is an effort to take attention off their bodies, and center their message.

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But in my case, and in the case of other marginalized bodies, it can be powerful to see images of black providers, paired with their stories of healing. So, at one point I did find myself just posting text, but I've recently started posting images of myself. You see what's popular, you see what people like, but you have to try to mute those things.

Even though I learn from them, it's still like, I have to mute those out and sit and meditate with myself to figure out what my message is. And to find my true voice that I know people will be able to relate from, and take away from. So, there is that struggle, and I am finding that there are more black providers out there. A lot of them just aren't on Instagram or just aren't posting that much.

So, I do wish that there were more examples. I do wish that there were just almost as many as there are white providers. But yeah, that's where I am with that.

Shohreh: And I know there are organizations like Diversify Dietetics that are putting in the work to try to bring more people of color into areas like dietetics. And I think that work is so important. And I love what you said too about your realization that like, you do need to be posting photos of yourself. Because it's so true, like again, those of us who are white, white passing, thin women, we don't need ourselves to dominate our feed because that's all over.

Like we already have the representation, but black women don't have the representation. People need to see your face and to be like; I can see myself in this person. Maybe these things that she's talking about can work for me. Because like you said, when you first were learning about intuitive eating, you were like, how can this work for me? I don't see myself in this.

Ayana: Yeah.

Shohreh: So you're now providing that representation, which is so important.

Ayana: Yeah, it's so true, and I have a lot of friends in dietetics who still, even with me practicing intuitive eating, they still are like, what is this? So I feel like I have to do a better job of explaining it. I have to do a better job of getting that message out there. I'm working on it, but I still want to do a better job

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of getting it out there, and getting the clear message out there, and how it can benefit us.

Shohreh: Right, and I think it's hard, right, because there's extra pressure on you to sort of represent an entire community of people, which isn't particularly fair.

Ayana: Yeah, that's true.

Shohreh: Well, this has been so wonderful. We've come to my usual wrap-up question which is: How do you define health and wellness for yourself, at this moment in your life?

Ayana: So, at this moment in my life, the way I define health and wellness is by the level of energy that I have. The people I surround myself with, the sleep that I'm getting. I used to define health and wellness as the way my body looked, and the size that I was. I no longer do that, thank goodness. But, just the level of energy and how I'm moving my body, and how I'm moving through the world, I would say.

Shohreh: That is lovely. Well, this has been awesome. I know you're a busy person, so I appreciate you being here. If people want to find you on the interwebs, how can they do that?

Ayana: You can find me at my website, trulyrealnutrition.com. I am also on Facebook @TheTrillIRD, on Instagram, @thetrillrd, and on Twitter @TheTrillIRD.

Shohreh: I didn't know you have a Twitter, sneaky, now I have to go follow you!

Ayana: I know, I have to find you too. I'm not on there that much, but lately, like over the past week, I've been trying to be more active.

Shohreh: I always say I'm going to be more active on Twitter and then it's just such an angsty place.

Ayana: It is!

Shohreh: So I use it more for personal things than for business, but I do have an account.

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Ayana: Yeah.

Shohreh: Well, awesome, thank you so much. Hopefully send some people over your way because you are fantastic. And again, I love learning from your account, so I'm so glad that you were able to do this interview.

Ayana: Oh, thank you, I appreciate that.

[Music plays]

Shohreh: And that's our show for today. I appreciate you listening to and supporting the Redefining Health & Wellness podcast. If you enjoyed this episode, it would mean so much to me if you would subscribe, and leave a review with your podcast provider of choice. It will really help other people who might benefit from the podcast to find it more easily.

I also love chatting with listeners, so feel free to screen shot from your podcast player, post on social media, and tag me. And if you're looking for more information on what I'm all about, and how to work with me, head on over to shohrehdavoodi.com. I hope to see you for the next episode.